

## **Dr. Maggie Young**

Dr. Maggie Young has been working in the behavioral health field throughout Fairfield County for more than 30 years. She is the Chief Recovery Officer at Liberation Programs, Inc., an inpatient facility for pregnant and parenting women with children in their care. Dr. Young is a visible and respected presence in the community, speaking frequently at community forums, and facilitating honest dialog in high school and middle school classrooms. She has touched countless lives in the community with her warm compassion, personal experience and wisdom.

Dr. Young helped start the first women and children's residential addiction treatment program in Connecticut called Families in Recovery (FIRP). It is the only recovery care center of its kind in Fairfield County.

Her outreach efforts in the community facilitate substance abuse prevention training and collaborative relationships that make it safer, more proactive and more compassionate for those suffering from addiction.

Dr. Young also serves on the boards of numerous organizations which provide recovery and mental health services to the community, including CT Community for Addiction Recovery, Mid-Fairfield AIDS Project, Malta House, Mental Health CT, and the National Council on Alcoholism, New Lifestyles and Drug Dependence, Westchester. Dr. Young was appointed to the Connecticut Opioid Drug Settlement Advisory Committee.

Dr. Young's impact extends beyond her local community, having broadened her reach in 2018 to Juneau and Anchorage, Alaska where she provided training to their child welfare system, Tribal Leaders, and court support services staff. She received the Sweet Mother Award in 2022, an award that recognizes ordinary women doing extraordinary things. In 2021 Dr. Young was inducted into the CT Hall of Change as a "Great 8" honoree, which recognizes formerly incarcerated men and women who have made substantial contributions to their communities since their release.

Dr. Young received a Doctorate in Advanced Clinical Practice, University Teaching and Administrative Management in May 2023 and received her BA from Springfield College.

One of the most important parts of Dr. Young's journey has been the compassion she is able to bring to vulnerable women – she is always prepared with non-judgmental advice, love and a hug for those who are hurting and alone.

Dr. Young is the proud mother of her daughter, Nateal and always believes that everyone can create a good day.